

Suggested Usage: Shake well. In the morning, take 1 dropperful, hold in mouth for 30 seconds, then swallow.

REFRIGERATE AFTER OPENING TO MAXIMIZE FRESHNESS.

Vitamin B-12 (Cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system and for the production of energy from fats and proteins.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Not manufactured with wheat, gluten, soy, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Contains no alcohol. Please Recycle.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Contains Xylitol, do not feed to pets.

CODE 0464C V6



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Liquid B-12 B-Complex

Nervous System Health*

Essential for Energy Production*

Net 2 fl. oz. (59 mL)

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Dropperful (1 mL) Servings about 59

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	20 mg	33%
Thiamin (from Thiamin HCl) (Vitamin B-1)	0.6 mg	40%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide) (Flush-Free)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)**	1 mg (1,000 mcg)	16,667%
Pantothenic Acid (from Calcium Pantothenate)	30 mg	300%
Stevia Extract (Leaf)	2 mg	†

† Daily Value not established.

Other ingredients: De-ionized Water, Vegetable Glycerin, Xylitol, Malic Acid, Natural Flavors, Potassium Sorbate (as preservative), Ginger Root, Grapefruit Fiber and Cinnamon Bark Oil.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

**This B-12 amount is equivalent to the normal injectable B-12 dose. There are no known toxic levels of B-12.

